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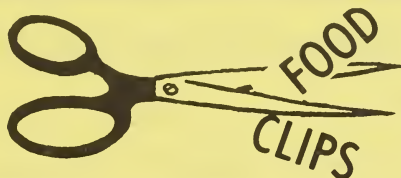
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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF COMMUNICATION WASHINGTON, D. C.

September 23, 1974



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Chop herbs very fine -- this allows some of the flavoring oils to escape.

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Sprinkle lemon juice or herb vinegar on boiled vegetables for a pleasantly tart touch.

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Many of the nuts on the market, almonds, pecans, filberts, English walnuts, and black walnuts are grown in this country.

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Imported nuts include pistachios from the Middle East, Brazil nuts from South America, cashews from India and Africa, and coconuts from the West Indies, Central America, and the Philippines.

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Like chestnuts? They're available generally in the winter months -- but, most other nuts may easily be purchased in some form year-round.

GREEN LEAVES

—and Protein

Even though most of the world's protein exists in green leaves, people really don't get their protein this way because their fiber content is high and green leaves usually have a very bitter taste.

But -- alfalfa leaves have edible protein, and, someday, it may be possible to increase the protein content of soups, breads and even snack foods by adding protein from them, according to researchers at the U.S. Department of Agriculture's Agricultural Research Service.

Scientists have already produced a soluble edible protein concentrate from alfalfa juice in the laboratory. It's colorless, flavorless and odorless and can be added to foods without changing any of the food's flavor or smell. This concentrate is the foam stabilizing protein of alfalfa. The foam stabilizing property, along with the protein's ability to gel, suggest that it's possible to be used as a meat extender -- or even as a whipped topping -- in addition to increasing the protein content of foods.

ONE A YEAR VEGETABLES?

Garden patches in the Eastern Kentucky hills and hollows were -- until recently -- traditionally limited to "taters and corn." Now, more than 200 families whose garden patches dot that part of the country are learning about other vegetables at the rate of "one a year" because of an educational campaign launched by the Quicksand area's University of Kentucky staff.

A mobile teaching unit -- completely equipped with a kitchen -- was designed by the University of Kentucky's College of Agriculture. Parked at a handy place, by a country store or at the end of a hollow, the bus served first as a place to get seeds and plants -- as a meeting place, and a place for knowledge. Local food stamp families often gathered there. In time, the bus became a social gathering place as well as a place to see and taste new foods. Vegetables were cooked right in the kitchen of the bus -- often, in several different ways, so they could be tasted right on the spot. Plants or seeds were sold for pennies to encourage participation in the project. Families were shown how to set out, cultivate, harvest, cook, and preserve the broccoli and squash.

This is the second year of the garden project. Last year, families bought broccoli plants for five cents each. Substation gardeners grew 1,000 plants, and because of the demand, wished they could have grown 4,000 more. This year, greenhouse operators in the eight county area grew and sold thousands of broccoli plants -- a vegetable there had never been much call for in the past. Most families had never tasted or even heard of broccoli before.

The goal of the program is to add one new vegetable a year to maintain gardens -- with the idea that a family will stay in the program a number of years. This summer the 100 original families raised both broccoli and butternut squash.

— They Tried It — and Liked It.

Extension assistants, under the Expanded Food and Nutrition Education Program, made follow-up visits to homes, showing families how to set out, cultivate, harvest, cook, and preserve both the broccoli and squash.

Next spring the new vegetable will be cauliflower -- for those 100 mountain gardeners whose thumbs are getting greener all the time. And -- interest in better nutrition is growing at the same time as the big and little gardens are thriving in Appalachia. Families are also eating better.



WHEN IN DOUBT ---- DON'T !!

----Don't buy cans of food that are swollen, leaking, or bent.

----Don't even taste questionable food. Just one spoonful of food contaminated with botulism toxin can kill you quickly. Many deaths have occurred from just this experimental tasting of a suspected home canned food.

----Do not taste or serve home canned meat and vegetable foods before heating them for 10 minutes at 212F. This simple precaution could almost eliminate botulism deaths in the United States.

Turn Woodsy Owl on.....by turning your lights off -- when not needed. Save money and electrical energy by turning incandescent lights off immediately when leaving the room. Turn fluorescents off if you're going to be gone 15 minutes or more, according to Forest Service of USDA.

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Will a shower or a bath help our energy crisis? Why a shower, of course! The average tub bath uses 10 to 15 gallons of hot water while the average shower comes in at 8 to 12 gallons. You can even trim that figure lower by turning the shower off while soaping yourself. You'll not only save on water but on the energy it takes to heat it.



NOTE: Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535A, Office of Communication/Press Service, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone 202-447-5898.
